Research Title

Meditation and the Subconscious Mind: An Intercivilizational Neurocognitive Framework

(This framework is also described as an "original cognitive architecture" and a "Multi-Civilizational Cognitive Model".)

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Abstract Description

This study develops a novel, multi-layered framework illustrating how meditation interacts with the subconscious mind. It moves beyond conventional mindfulness interpretations by synthesizing four rarely connected knowledge streams:

1. Ancient Contemplative Texts: Including the Mandukya Upanishad and Patanjali's Yoga-System.

2. African Cognitive Traditions: Such as Ifá/Yoruba thought (Ori-Inu) and Egyptian philosophy (Maat/Ptahhotep).

3. Early Psychological Theory: Including the works of Pierre Janet, William James, and E.B. Titchener.

4. Modern Neurocognitive Principles: Specifically regarding the subconscious and neural activity.

The model proposes that meditation functions as a cross-civilizational cognitive technology that systematically quiets mental turbulence, exposes suppressed material, restructures deep cognitive residues, and stabilizes the resulting clarity within conscious functioning.

🧠 The Four-Phase Framework

The core of the paper is a model detailing the sequential interaction between meditation and the subconscious layers:

1. Phase 1: Cognitive Noise Suspension / Mental Noise Reduction: Meditation lowers spontaneous neural activity in the Default Mode Network (DMN), creating a stable internal field.

2. Phase 2: Emergence of Latent Content / Surfacing of Hidden Material: Once noise subsides, previously suppressed emotions, symbolic images, and impulses rise into awareness in a manageable form.

3. Phase 3: Deep Repatterning / Reorganization: Sustained awareness triggers cognitive correction, where emotional residues dissolve, automatic reactions weaken, and subtle thought loops lose intensity.

4. Phase 4: Integration into Conscious Life / Integration into Conscious Living: Reorganized subconscious patterns translate into stable attention, higher emotional resilience, stronger intuition, and greater self-comprehension.